

# Yale school of medicine



# Stress Management Tips

#### **Exercise**

Exercise releases "feel good" chemicals that promote a sense of well-being and energy.

#### Tips:

Take the stairs instead of the elevator Walk or ride your bike instead of driving Join a walking group Look up online resources in your area

# Time management

Feeling overwhelmed can decrease your ability to actually manage your time and get things done, creating a vicious cycle.

#### Tips:

Use a planner Turn off your cell phone Learn to say no to some activities Don't overbook

### Getting a good night's rest

Being over-tired increases stress in your body and can seriously limit your ability to adequately deal with stressful situations.

#### Tips:

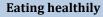
Get six or more hours of sleep a night
Try and plan on going to bed earlier
Cut back on caffeinated and alcoholic beverages,
and increase exercise to improve sleep

# **Social Support**

Connect with friends and family Talk about stress with friends and family Engage in activities with others

You don't have to do all of these suggestions at once. In fact, be careful not to try to make too many changes at once and add to your stress load in the process. Just pick one or two to start with. Small healthy lifestyle changes can lead to big changes in your health and happiness.

For more information, visit us at www.yalestresscenter.org



Eating nutritious foods promotes both a healthy body and a healthy brain.

#### Tips:

Don't skip breakfast

Eat 3 balanced meals a day

Keep healthy snacks, such as fruit or nuts, readily available

Avoid or limit caffeinated or alcoholic beverages Take a daily multi vitamin

# Setting realistic goals:

Setting realistic goals can keep things manageable and give you a sense of accomplishment.

#### Tips:

Make a list of goals for the day and for the week Put stars next to the "must do" items Consider how likely it is that you can do all the items

Which items are more realistic than others? Which items are more necessary? Remember to focus on one item at a time

# Hobbies and leisure time:

Taking time out for "healthy" activities can also decrease stress

#### **Possibilities**:

Art or photography class Knitting
Scrap booking Dance
Singing Fishing
Sports, jogging, exercise

Join an activity group or club online Seek out friends and family for support

Take a mental vacation

Remember, seeking professional help is always an option. Some of the people and places you can turn to include support groups, pastors, and therapists.